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CHANGING GEARS

A NEW ADVOCACY GROUP FOR CYCLING WANTS YOUR INPUT ON PEDAL POWER IN THE FOREST CITY

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The next hot 'hood?

With council set to discuss plans for the South Street hospital site, some SoHo residents are saying let's get on with it

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Rae calls it a day

MP and former Ontario premier Bob Rae resigns to focus on his role as a First Nations negotiator

PAGE 6

Orioles swoop to conquer

Embattled Tigers reliever Jose Valverde allows four runs in a 13-3 loss for Detroit

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'The Doorman' gets his due



Josh Yandt, 19, got a big gift from his former classmates on Wednesday. Students presented Yandt, known as "The Doorman," with an actual door bearing a host of messages and well wishes. Yandt is pictured with Clarke Road Secondary School principal Paul Panayi. MIKE DONACHIE/METRO

Random acts of kindness. London teen honoured by some of the very bullies he overcame



MIKE DONACHIE
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Josh Yandt knows all about doors, and now he's seeing them open everywhere.

The teen known as "The Doorman" among students at Clarke Road Secondary School had a special moment on Wednesday in the very same building where he fended off bullies and found his confidence.

Accentuate the positive

"I'm interested in helping people and making a difference."

Josh Yandt, 19

Yandt, 19, was having a tough time at school when he hit upon a novel way of coping. He started stopping in the hallways and holding doors open for others.

Pretty soon, everyone was noticing and, with people surprised and delighted by his simple kindnesses, Yandt became more popular.

More important, his little acts of help built up his confidence and showed a good ex-

ample to those around him.

He was honoured on Wednesday with a fitting gift — a door covered in good wishes from the school community.

"We're very proud of him," principal Paul Panayi said.

Along with showing their appreciation in writing, the school has seen to it that Yandt is nominated for an Ontario citizenship award.

If he receives the award, it won't be the first time stories about his good deeds are spread outside the school hallways.

The Walkerton native served as a kind of ambassador this year when the Pillar Nonprofit Network launched the London leg of the ChangeTheWorld Ontario Youth Volunteer Challenge, an initiative built around inspiring positive change.

Yandt's story — including how he coped with his father's death and his decision to draw strength from believing in himself — was used as a way to prove that anyone can make a difference if they set their mind to the task.

For his part, Yandt has enjoyed the later part of his school days and is looking forward to the next step.

"I'm going to Fanshawe College for police foundation in the fall," he said. "I'm interested in helping people and making a difference."

Between now and then, he plans to continue giving. He will be an ambassador for young people at Sunfest, the nonprofit music festival in London from July 4 to 7. There, he will man a booth and act as an inspiration to others.

School daze

A University of Waterloo study says high school seniors are at risk for chronic diseases

PAGE 6

Hip-hop haven

London Music Awards nominee Branded Moore on how laying down beats kept him out of trouble

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Go classic

Our list of must-haves for men will never go out of style, and they won't bust your wallet either

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Get saucy

Grilled peppercorn steak with Cambosola sauce combines piquancy with a velvety finish

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To the core

City to seek public input on plan to overhaul downtown

A plan to give downtown London a whole new look and feel is one step away from hitting the court of public opinion.

City council is expected to give its initial blessing to the plan on Tuesday. From there, the plan will hit the streets for public input.

The first vision for overhauling downtown in more than a decade, the plan builds on six key themes and touches nearly all of the core.

Projects would include redeveloping the Forks of the Thames, creating sidewalks without curbs on Dundas Street so it feels like a walking plaza and creating special bus lanes on key connector streets, such as Richmond.

A council committee endorsed the plan this week.

METRO

Famous brownies, too

One last chance to get peek inside historic hospital

St. Joseph's Healthcare has planned a community event to help usher out its former psychiatric hospital in St. Thomas.

An open house is planned for 10 a.m. to 3:30 p.m. on Saturday at the facility. It will include tours, a taste of the brownies made famous by hospital cooks, and a video/photo presentation from former staff.

The 75-year-old building, which once served as a training site for the Royal Canadian Air Force, is being replaced with the new Southwest Centre for Forensic Mental Health Care. METRO



Tanya Park, president of the SoHo Community Association, lives across the street from what is now a weedy vacant lot on South Street. It is one of the properties that would be redeveloped as part of Fincore's plan. MIKE DONACHIE/METRO

High hopes for SoHo residents

Old South Street. Community leader says the area's future is bright



MIKE DONACHIE
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Hopes are high among SoHo residents that this week will be the most important one in the area's recent history.

With city council discussing plans for the old South Street hospital site Thursday, and the same meeting to see the return

of Fincore Group's request to build high-rise towers in the area, it could be the moment SoHo's fortunes improve.

The spotlight is already leading to new interest in the area, said Tanya Park, president of the SoHo Community Association.

"With all the conversations going on about the Fincore development, I kind of get the feeling that it's set an appetite for other development in the neighbourhood," she said. "I'm seeing interest in real estate."

"When we first moved in, houses would sit for a long while and not be sold, but now they're barely on the market

for three months and they're gone. It's like people are noticing the area again."

Park pleaded with councillors this week to approve Fincore's plan, but due to objections to one tower, it was deferred for legal advice.

The neighbourhood is, of course, facing a lot of construction for 10 years or more if the plans come through.

But Park for one, is OK with that prospect.

"It's just like when you remodel a house," she said. "No one wants the drywall dust and all that crap. You just want a nice bathroom. You have to be patient."

The hospital

- City officials have been talking for years about what will be done with the former South Street hospital property once the buildings are torn down.
- A plan to be tabled on Thursday shows several options, including one focused around a promenade along the Thames River.

Banting. Notes on insulin preserved

Handwritten notes from Frederick Banting and three others tied to the discovery of insulin have been inscribed into UNESCO's Memory of the World Register.

The 7,000-page collection documents early experiments performed by Banting, Charles Best, James Collip and John Macleod. It also in-

cludes patient letters, charts and photographs.

While much of Banting's work to develop insulin was done at the University of Toronto, he was working as a doctor in London when he first got the idea for a drug to control diabetes in October 1920.

The discovery is con-

sidered one of the most significant medical advances of the 20th century.

Banting and Macleod were awarded the 1923 Nobel Prize for medicine. To give credit, Banting shared his cash award with Best and Macleod shared his with Collip.

THE CANADIAN PRESS



Sir Frederick Banting THE CANADIAN PRESS FILE



Anthea Rowe, a member of the new London Cycle Group, rides daily from April to November from her south London home to work at Western University. SCOTT TAYLOR/METRO

City, advocacy group team up to make cycling safer

London Cycle Group.

Most people who don't cycle make that decision because they worry about being hit by a vehicle, group says



SCOTT TAYLOR

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A newly formed advocacy group wants input on what's right and wrong about cycling in the Forest City.

Soon after the final results from an online survey are in Sunday night, the London Cycle Group will sit down with city administrators to work towards improving the cycling experience and getting more people to embrace pedal power.

Have your say

You can check out the London Cycle Group's survey at surveymonkey.com/s/LondonCycleSurvey

"We organized the survey to see if people had opinions about cycling in London, if they felt there was a need for an organization that could improve cycling in London, and the answer is 'yes,'" said Anthea Rowe, a member of the organization's steering committee.

Rowe said even motorists are encouraged to add their thoughts to the survey, whether they're positive or negative about the pedal pushers with whom they share the road.

"Most people who cycle are

concerned about their safety," she said. "But it's both on the part of cyclists and how they behave, and motorists. If you ask most people why they don't ride their bike in London, it's because they don't feel safe."

Rowe said she was told by a city manager that about 95 per cent of roads in London can accommodate bicycles, but not all of them do so equally well.

"You can ride your bike almost anywhere in London, but whether you feel safe doing so is another question," she said.

One solution to help protect cyclists is to clearly mark lanes reserved just for them, she added.

The city is working on that issue. London had 22 kilometres of bike lanes in 2010 and had upped that to 37 kilometres by the end of 2012.

The cycling network hits 288 kilometres when all multi-use pathways including those along the Thames River are included, said Jay Stanford, the city's director of fleet, environment and solid waste.

Quoted

"Overwhelmingly people have said they want some kind of advocacy group that could be a single voice for people who care about cycling in London."

Anthea Rowe, a member of the London Cycle Group

Charge: Careless driving

Behind-the-wheel chow down caused crash: Cops

Police say a case of the dropsies led to a three-vehicle crash Tuesday.

A driver dropped the food she was eating and hit the car in front of her, causing a chain reaction, St. Thomas police said.

One person was sent to hospital with non-life-threatening injuries.

The driver of the car that caused the crashed was charged with careless driving. Police did not release her identity. **METRO**

Aboriginal Day of Prayer

Cathedral to focus on First Nations

St. Paul's Cathedral (472 Richmond St.) has planned a weekend of events to mark the National Aboriginal Day of Prayer.

The day of prayer will be observed Friday by First Nations people. St. Paul's will host educational workshops, art displays and a presentation about the Neskantaga Indigenous Yoga Project on Saturday.

Donations for the Aboriginal Healing Fund will be collected during a special service at 10 a.m. Sunday. **METRO**

London growing

Film project gives young minds a Real Voice

The ideas, dreams and vision of London's youths will be on display Saturday during the Real Voice Film Fest at Wolf Performance Hall.

The event marks the culmination of a project that saw more than 100 students in 10 neighbourhoods make short films about how they want to see London grow.

Real Voice starts at 12:30 p.m. with the films slated for screening at 1:30 p.m. **METRO**

School board names new education director

The Thames Valley District School Board has tapped a new leader.

Executive Supt. Laura Elliott has been named the district's new director of education. She will replace Bill Tucker, who is retiring Sept. 1.

"Laura brings a wealth of knowledge and experience to the role of director as well as a demonstrated level of integrity and commitment to student success," board chair Joyce Bennett said in a statement.

In her current role as head



Laura Elliott COURTESY OF THAMES VALLEY DISTRICT SCHOOL BOARD

of program services, Elliott oversees a variety of areas ranging from curriculum to athletics. She came to TVDSB in 2007 from the Durham District

School Board where she was superintendent of education, technical and information services.

Elliott previously held positions with the Ontario Ministry of Education, the Ontario College of Teachers and served as a continuing-education consultant with the Department of National Defence.

Tucker, the outgoing education director, plans to work as an associate professor in Western University's faculty of education. **METRO**

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PLEASE DRINK RESPONSIBLY



Liberal Leader Justin Trudeau, right, walks with Bob Rae after a press conference on Wednesday on Parliament Hill, where Rae announced his resignation. SEAN KILPATRICK/THE CANADIAN PRESS

Rae days over as ex-premier gives up politics

MP resignation.

Bob Rae to focus on role as chief negotiator for First Nations in province's north

Bob Rae, a fixture on Canada's political scene for more than three decades, is giving up his seat in the House of Commons to devote himself to work on behalf of First Nations in northern Ontario.

Rae said he is leaving politics so he can focus on his new role as chief negotiator for First Nations in talks with the province about development of the Ring of Fire mining development in northern Ontario.

"This is going to be a major undertaking," an emotional Rae told a surprise news conference Wednesday in the foyer of the House of Commons.

"It's clear to me that it will take a lot more time and it simply isn't possible to do both jobs at the same time."

The 64-year-old Rae's unexpected announcement caps a political career that has spanned 35 years and two parties. It came after he privately broke the news to the Liberal caucus in what he de-

Parting words

"I have a lot of passion for Canadian politics. It's been a very difficult decision ... and quite an emotional one for me."

Bob Rae, on his resignation.

scribed as a difficult moment.

"I have a passion for my work as a negotiator and for First Nations," Rae said. "When you make a difficult choice, you show your emotions."

Rae began in politics as a New Democrat and later shifted to the federal Liberals, even seeking the party leadership at one point.

He was first elected to the Commons in a 1978 byelection, but moved to Ontario provincial politics four years later, when he became provincial NDP leader and later served as premier.

In 2006, having joined the Liberals, he unsuccessfully sought the party leadership, but won a seat in the Commons in 2008, becoming interim leader after Michael Ignatieff lost his seat in the 2011 election.

THE CANADIAN PRESS



Rae days, from top: His resignation as MP Wednesday; as Ontario premier in 1990; as Ontario NDP leader in 1985. THE CANADIAN PRESS

High school could be bad for your health

High school may improve students' minds, but it does the opposite for their bodies.

A new study from the University of Waterloo suggests Canadian students in Grade 12 are in worse health than their younger high-school peers.

The research, published in the latest issue of the journal BMC Public Health, found that by the time students reach senior year, they're at a significantly increased risk for chronic diseases such as diabetes and lung cancer.

It shows that over four years of high school, the number of smokers went up 170 per cent, binge drinking jumped 167 per cent and marijuana use rose by 124 per cent.

What's more, the vast majority of students — more than 89 per cent — didn't meet Health Canada's guidelines for minimum physical activity and barely seven per cent reported eating enough fruit and vegetables.

The study's co-author, Scott Leatherdale, says the fact that large proportions of graduating students fail to meet the most basic healthy living recommendations is cause for concern.

Having even one of the risk factors measured can increase the likelihood of disease, and by Grade 12, the average stu-



One Canadian study finds students in senior grades are at a higher risk for chronic diseases such as diabetes and lung cancer. ISTOCK IMAGES

dent shows three, he said.

Students in higher grades appear to be at the greatest risk, he added.

"The only way to avoid a large future burden of pre-

ventable disease is to develop more integrated and real-world models of intervention in Canadian high schools," he said in a statement.

THE CANADIAN PRESS

About the study

- The study used data collected from more than 31,000 high school students in nine provinces who filled out the substance use section of the 2010-11 Canadian Youth

Smoking Survey.

- The national school-based survey is funded by Health Canada and co-ordinated by the University of Waterloo.

Summer break

House adjourns early after bitter spring sitting

Prime Minister Stephen Harper has returned from his European trip but he won't have to endure another grilling in the House of Commons for a while.

All parties agreed late Tuesday night to end the most bitter spring sitting of Parliament since Harper's Conservatives came to power more than seven years ago.

They packed it in a few days early after almost a month of late-night sittings. Proceedings had devolved into acrimonious mud-slinging.

The government remains under a potentially criminal cloud over a \$90,000 cheque provided by the Prime Minister's chief of staff to pay off the improper housing expense claims of Senator Mike Duffy. THE CANADIAN PRESS

Corruption charges

Montreal will get its new, new mayor Tuesday

Montreal will have its next interim mayor — the third mayor in less than a year — early next week.

The city clerk's office has announced a vote will be held during a special meeting of council next Tuesday.

A handful of councillors have been named as potential successors to Michael Applebaum, who stepped down as interim mayor after being arrested on corruption-related charges.

For now, the city's pro-mayor will be acting mayor until next week's vote. Councillors will have until Friday afternoon to put forth their candidacy, with a vote to come after the long holiday weekend.

The next municipal vote is scheduled for November. THE CANADIAN PRESS

Seeking asylum

NSA leaker reaching out to Iceland?

A WikiLeaks spokesman who claims to represent Edward Snowden has reached out to government officials in Iceland about the possibility of the NSA leaker applying for asylum in the Nordic country, officials there said Wednesday.

Johannes Skulason, an Icelandic government official, said WikiLeaks spokesman Kristinn Hrafnsson had held informal talks with assistants at the Interior Ministry and the prime minister's office.

Snowden, who used to live in Hawaii, initially fled to Hong Kong and is now in hiding. It's not clear if Iceland could protect a leaker like Snowden from U.S. demands for his return.

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Retail. Loblaw tests new smaller discount grocery store format in Calgary

Canada's largest grocer is trying out a new discount small-store format in a bid to attract more customers in urban areas. Loblaw Cos. Ltd. said it opened the new 10,000-square-foot store a few weeks ago in Calgary.

The location, named Box by No Frills, offers "hard discounts and an everyday low price" on groceries and other merchandise, Sarah Davis, Loblaw's chief financial officer, said in a conference call Wednesday.

"We are trying that as a pilot to see, 'Is it something that we can infill in a lot of areas of Canada because it's



A logo for Box by No Frills.
CONTRIBUTED/THE CANADIAN PRESS

only 10,000 square feet?" she told investors from the company's Brampton, Ont., headquarters.

THE CANADIAN PRESS

Super sermon. Warner Bros. tries to promote Man of Steel from the pulpit

Seems Warner Bros. has taken movie marketing to a whole new level — even higher than a bird or a plane.

The studio enlisted Christian-focused firm Grace Hill Media to promote Man of Steel to faith-based groups by inviting them to early screenings and creating trailers that highlight the film's religious themes.

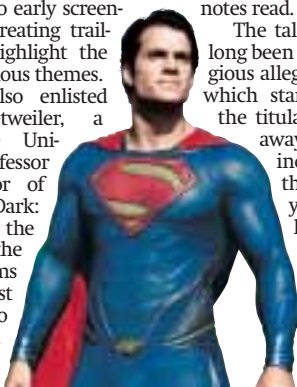
They also enlisted Craig Detweiler, a Pepperdine University professor and author of Into the Dark: Seeing the Sacred in the Top Films of the 21st Century, to create a Superman-

centric sermon outline for pastors titled Jesus: The Original Superhero.

"Let's consider how Superman's humble origins, his high calling and his transforming sacrifice point us towards Jesus, the original superhero," the notes read.

The tale of Superman has long been associated with religious allegories. Man of Steel, which stars Henry Cavill in the titular role, doesn't shy away from that theme, including portraying the character as 33 years old, having him seek counsel at a church in a time of crisis and forming a cross-like pose while floating in space.

THE ASSOCIATED PRESS



Indiegogo defends Crackstarter campaign

Crowdfunding. Website co-founder says effort to raise money for alleged crack video was about giving power to people

A campaign that raised \$200,000 to purchase an alleged video appearing to show Toronto Mayor Rob Ford smoking crack was a "beautiful example" of the fundraising power of the Internet, says the website that hosted the controversial crusade.

"That campaign really just speaks to what crowdfunding is about, which is giving the power to people to decide what matters to them and to fund what matters to them," said Danae Ringelmann, co-founder of crowdfunding website Indiegogo.

The video fundraising campaign was launched by Gawker, a U.S. website whose editor John Cook claimed he'd watched the video, which was



This is the illustration that appeared on the crowdfunding website Indiegogo for the Crackstarter campaign, started by Gawker, which aimed to raise enough money to buy a video that allegedly shows Toronto Mayor Rob Ford smoking crack. The crowdfunding goal was surpassed with \$201,204 raised. SCREEN GRAB/INDIEGOGO.COM

being shopped around for \$200,000 by drug dealers.

Ford has said the alleged video does not exist and that he does not use crack cocaine.

Ringelmann said crowd-

funding gives people the power of choice.

"It was actually a beautiful example of exactly that; just as people can vote on the ballot to elect what politician they'd like

to see, crowdfunding enables people to vote with their dollar to fund what they'd like to see come to life, whether it's a video of a politician or a baby or a film." THE CANADIAN PRESS

Dolce, Gabbana convicted of tax evasion

A Milan court on Wednesday convicted the designers Domenico Dolce and Stefano Gabbana of tax evasion.

They were found guilty of failing to declare 200 million euros (about \$273 million) through a Luxembourg company to authorities and given a one-year-and-eight-months suspended jail sentence. They were ordered to pay a penalty of about \$682,000 to tax authorities.

The court, however, acquitted them of misrepresenting income of about

\$568 million each, even though the statute of limitations had expired on the charge.

The designers have denied the charges. Defence lawyer Massimo D'Inoia pledged to appeal the ruling, saying the fact the court issued an acquittal on a charge that had expired, instead of just letting it fall to the statute of limitations, "means the proof of their innocence is evident." THE ASSOCIATED PRESS



Domenico Dolce, left, and Stefano Gabbana pose with Katy Perry in New York City last month. The Italian designers have been convicted of tax evasion, and given a 20-month suspended sentence. GETTY IMAGES FILE

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Wireless market

Wind Mobile backer won't seek control of firm

Orascom Telecom Holding says it's withdrawing an application to acquire control of Wind Mobile Canada, one of the smaller wireless carriers that's seeking to grow into a stronger rival for the country's three main cellphone companies. The Egyptian firm provided much of the financial backing for Wind Mobile.

THE CANADIAN PRESS

Broadcasting

Profits are up at commercial radio stations, CRTC says

The CRTC says profit margins improved at the country's commercial radio stations in 2012, as expenses shrunk and total revenue grew by 0.4 per cent from the previous year. The federal broadcast regulator said the 675 commercial radio stations operating in Canada earned revenue totalling \$1.62 billion for the year ended Aug. 31, 2012. THE CANADIAN PRESS

Consumer safety

Kolcraft recalls Jeep Liberty strollers

Kolcraft is recalling more than 96,000 Jeep Liberty strollers after at least 18 people were injured by tire blowouts, the Consumer Product Safety Commission said Wednesday. The government watchdog group said there have been 39 reports of inner tube ruptures that have caused the wheel rim to break off and become a projectile.

THE CANADIAN PRESS

IT'S BEAN THE ONLY REMEDY

Damn you, Charles Darwin.

My back hurts all the time and its origin is you. If it weren't for evolution, I'd be on all fours, with my spine on the straight and narrow. Instead, I'm upright, crooked and twisted, all the weight of the world (and evolutionary history) on my lower back.

Or if the creationists are right, then God has a Robaxacet doll that he keeps sticking needles in.

But it's probably Darwin.

I would have been so much happier as a spineless, lower form of life, like a slug or a personal-injury lawyer. Instead I'm the guy at the far right of the March of Progress illustration, the one holding the small of his back and with a sound bubble that says %&\$#?@!.

My injury is particularly pathetic. Not only was I not exerting myself in any way, I wasn't even doing something embarrassing like reaching for the remote or picking up a dropped Cheeto.

I was asleep.



HE SAYS

John Mazerolle

metronews.ca

I woke up, possibly from the sound of my back screaming at me, and suddenly my life was bags of frozen green beans, kneeling to look in the fridge, and attempting to put socks on without using my hands.

Back pain is the most ignoble of all injuries — too painful to be ignored, but not dramatic enough to be pitied.

There are no songs sung about heroes who suffered through lumbago, no Hollywood films where an ingenue dies because of a cruel twist of torso. Its place in popular culture is to show you how much of a buffoon a sitcom dad is — oh, his aching back!

Four out of five adults suffer occasional back pain — so all the dentists, if I understand statistics — which means you get no sympathy for your pain, only stories of much worse back pain, possibly due to the bigger fish they were reeling in that got away.

You can't even show it off, like a scar or a broken leg. It's completely hidden, beneath that frozen bag of green beans. (I find

peas too uncomfortable.)

Long story compacted, I'll have to do something to fix it, lest I never twerk again.

What do the experts say I need?

- Good body mechanics: I didn't even know there were body mechanics. I assume you get on a lift of some sort for a few days while he/she checks you out and you're good to go? Of course, they'll find something else wrong and charge you for it, but that comes with the territory. "Your back's good, but we had to replace your duodenum. It was making weird noises."
- "Let your legs do the work": All the advice columns say this, but it doesn't work. I've left a bunch of stuff for them to do, yet my books remain unbalanced and my dishes remain unwashed. I think they're lazy.
- Neutral Pelvic Position: I bought their new album, but frankly they were better at Coachella.

As this list makes clear, it will be no time before I've gone from a young man whining through back pain to a young man who has come to understand he will always have back pain. Or as Darwin once put it: "%&\$#?@!"

ZOOM

A little (tweeting) bird will tell you



SANG TAN/THE ASSOCIATED PRESS

Royal couple will be traditional and trendy with announcement

With Prince William and the Duchess of Cambridge expecting their first child in mid-July — and much of the world interested in the birth of a future

monarch — the royals' office has released some of the couple's plans.

There will be a mix of tradition and new social media to announce the birth. Officials said a royal aide will emerge from the hospital with a signed bulletin on foolscap-sized paper carrying the Buckingham

Palace letterhead. The bulletin will be given to an official who will be driven to the palace, where it will be posted on an easel in public view in front of the building.

At the same time, there will be an announcement on Twitter.

THE ASSOCIATED PRESS

Boy or girl?

- Royal officials can't say whether it's a boy or girl — and it's not because they are being coy, it's because Kate and William have not found out — and don't plan to.

Clickbait



HANNAH ZITNER

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With rumours swirling that Facebook is set to announce video for Instagram, avoiding videos of cats, cupcakes and concerts will be nearly impossible. So why fight the inevitable? Embrace the filtered vids and start posting your own. But in case the rumour mill doesn't produce, here are some video-sharing sites already on offer:

Socialcam:

One of the first video-sharing apps with filters — think of Socialcam as Instagram video's older brother (or would that be father?). Available for iPhone and Android.

Cinemagram:

Also has the options of adding filters, but with added tricks like

adding masks, playing videos backwards, in slow mo or on high speed. Available for iPhone and Android.

Viddy:

Before Vine, there was Viddy. But while Vine gives users a six-second time limit, Viddy lets you record for up to 30. Available for iPhone and Android.

Twitter

@metropicks asked: According to Metro's Paul Sullivan, tipping should be optional. What do you think?

@Richard_Dew: Tipping IS optional. No gun to your head. Also optional for people to think you're a cheap-skate for not tipping.

@FrenchmanCanada: I know a couple places where the "You didn't dip, next time I'll spit in your food" will never be optional.

@serpentina66: I'd rather see servers pd more than deciding a tip. Mgrs should b responsible for good servers; customers shouldn't pay more for expected service; it's awkward for cust to deny tips for poor service.

@instakrystal: I never feel obligated to tip. If you're a good server and earn it, you'll be rewarded. My tips are dependent on experience.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

The many faces of hip hop

Record release party.
London Music Awards' nominee Branded Moore drops his second album



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

In a way, hip hop saved his life. "If I had never gone to hip hop, I would be in jail," says hip hop artist Branded Moore. "Instead of going out and breaking the law, we bought records, stayed in and made beats, got creative and used our brains."

The three-time Jack Richardson Music Awards nominee and five-time London Music Awards nominee is releasing his second album *Call The Office* on Thursday. Moore ran rap nights around the city for years, helping to encourage the art and build the scene.

"Hip hop can reach inner-city youth, create community, give us an outlet and keep us out of trouble," says Moore.

He says before rap became commercialized, it used to teach lessons about drugs and fighting. "In the '80s and early '90s, you could listen to a song and decide not to do that because it didn't turn out so good for the main character," he says.

There's a negative aura

Listen closely

Moore's new album contains a secret song embedded in the same track as *The MC*. It's based off John Lennon's *Give Peace a Chance* and speaks about ending violence and racism.



Hip hop artist Branded Moore will mark the release of his second album Thursday at *Call the Office*. HANDOUT

around hip hop now because of recent shootings and what's being shoved down your throat on MTV, says Moore.

The artist has his fair share of fun party songs, but he also delves into some heavy issues.

His song *Moving On* addresses the lack of awareness and stigma surrounding mental health issues.

"It's about one of my best friends, who hung himself. The chorus is voices going on in my friend's head getting angrier," says Moore. "Maybe (after hearing the song) someone might not kill themselves because they see how much it can affect the people around them."

Around town

• **From the ladies.** Ladyfest is a celebration of art and music by women. The event takes place Thursday through Sunday at East Village Arts Collective (757 Dundas St.).

• **Speak it.** The June London Poetry Slam takes place at the London Music Club (470 Colborne St.) on Friday. Admission is \$5. This month's featured poet is Vancouver's Jillian Christmas.

Many of his songs are about hip hop and living it as a life-style.

"You eat, sleep and breathe hip hop," says Moore. "It's in your walk, your talk, your style — it's in everything you do."

There are four elements to hip hop culture — DJing, MCing (rapping), b-boying (break dancing) and graffiti art, says Moore, who has been arrested for graffiti in the past.

"That is our art form. Tag-

ging is about getting your name out there and branding your image and your art," says Moore. "But there is a code of conduct. You don't tag mom and pop shops, and you don't tag over other art, like murals."

Certain spaces in Toronto and Vancouver allow graffiti and actually bring tourism to the areas. Moore hopes for a space like that in London someday. Moore's album release party takes place on Thursday at *Call the Office* along with performances by Exit Only, NGA and The Nicest.

There is an all ages show at 8:30 p.m. and a 19+ show at 10 p.m. Tickets are \$7 at the door.

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James Gandolfini ALL PHOTOS: GETTY IMAGES

Sopranos star James Gandolfini dies at 51

James Gandolfini, who won three Emmys for his role as Tony Soprano on HBO's *The Sopranos*, reportedly died in Italy Tuesday after suffering a heart attack, TMZ reports.

Gandolfini, who was 51, was in Italy to attend the 59th Taormina Film Festival in Sicily.

He first garnered fame playing a hitman in 1993's

True Romance. But it was his role as the brash, troubled mob boss Tony Soprano that earned him legions of fans of the six-season HBO series.

Gandolfini is survived by his wife, Deborah Lin, who gave birth to the couple's daughter in October.

He has a teenage son from a previous marriage.

METRO NEW YORK

Katy Perry can't stay away from the fireworks

For her first appearance on the cover of *Vogue*, Katy Perry isn't holding much back, especially about her split from ex-husband Russell Brand. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011," she tells the magazine. As for why their marriage didn't work out? "I think a lot of times strong men do want

an equal, but when they get that equal they're like, 'I can't handle it,'" she says. Perry also addresses her romance with John Mayer, quashing rumours they're together again. "It's over. I was madly in love with him. I still am madly in love with him," she says. "Beautiful mind, tortured soul. I do have to figure out why I am attracted to these broken birds."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Paula Deen revealed as racist jerk?



THE WORD
Dorothy Robinson
scene@metronews.ca

The fearless National Enquirer claims to have unearthed a video of famed "chef" Paula Deen allegedly admitting to using the N-word as well as making a myriad of terrible racist jokes, aimed at African Americans and Jewish people.

The Enquirer claims Deen was filmed in a May 17 deposition to defend herself and her brother Bubba Hiers against a giant lawsuit filed by the former general man-

ager of their Savannah, Ga., restaurant.

Metro has not seen the video, so we have no way of verifying its authenticity.

Lisa Jackson is suing the family for use of defamatory language by Deen and sexual harassment and infliction of distress and assault by Hiers.

The worst from the tape? The Inquirer alleges Deen admits to saying that she wanted "black waiters to play the role of slaves in a wedding party she was planning."

Deen also reportedly gave several examples of when she used the N-word and fesses up to making racist jokes about "Jewish people, rednecks, black folks... I can't determine what offends another person." Her defence is "they're jokes."

Actually, no they aren't. Even in Georgia, those aren't jokes.



Miley Cyrus

Miley Cyrus says it's better to go green

Miley Cyrus isn't being shy when it comes to her opinions on drugs and alcohol. "I think alcohol is way more dangerous than marijuana — people can be mad at me for saying that, but I don't care. I've seen a lot of people spiral down with alcohol, but I've never

seen that happen with weed," she tells *Rolling Stone* during an online Q&A. "As long as it isn't illegal, there are far more dangerous things. And it's legal in the state of California. So I'm happy to live in California, a place where you can be whoever you want to be."

Twitter



@mradamscott

I applaud this year's Bachelorette for being honest enough to behave as if she is in a nightmare.



@NiallOfficial

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What a boy wants, what a boy needs

Usually, when magazines produce lists like this, the 'must-haves' are not always that accessible. So we've rounded up the best value versions of recession-proof classics that will never go out of style.

METRO WORLD NEWS



The shirt

Zara twill shirt
\$60, zara.com



These looks are time-proof. GUERRE

The chino

Ben Sherman EC1 slim
\$95, bensherman.com



The jeans

Edwin ED80- slim-fit
jeans
\$200, mrporter.com

The coat

Heritage navy cotton
peacoat, \$310
bananarepublic.gap
canada.com



The desert boots

Clarks Originals suede
desert boots
\$140, clarkscanada.com

The brogue

Mr. B's Theatum,
\$175, aldoshoes.com



The knit

Linen crew neck,
\$149.50, clubmonaco.ca

The shirt

Topman white scoop
neck T-shirt
\$14, topman.com



The suit

J.Crew Ludlow jacket
\$525,
J.Crew Ludlow trousers,
\$265
jcrew.com



The Oxford

Mr. B's Paramonga,
\$175, aldoshoes.com



Styling tip

All lace-ups are not the
same. The Oxford is the
dressier older brother to
the more informal brogue.
You need both in your
arsenal.

3 TIPS

Sunnies are shaping up for a celluloid summer with a range of trends that dovetail with some of Hollywood's newest and oldest hits. We look at how you can shop the most fashionable movies frame by frame.

RICHARD PECKETT
Metro World News

The film: The Hangover Part III

The look: Phil (Bradley Cooper)
The frames: Ray-Ban Aviator large metal II, \$145, ray-ban.com



Silver screen sunglasses



The film: Natural Born Killers

The look: Mickey Knox (Woody Harrelson)
The frames: Vintage surplus colour round sunglasses, \$33, urbanoutfitters.com



The film: Reservoir Dogs

The look: Mr. White (Harvey Keitel)
The frames: Lanvin black acetate sunglasses, \$341, matchesfashion.com



The film: Public Enemies

The look: John Dillinger (Johnny Depp)
The frames: Quay Eyewear round sunglasses, \$31, asos.com



LONDON TRANSIT NEWS

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—SATOJOKO, CHICKADVISOR.COM



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Model Portrayal | © Procter & Gamble, Inc., 2013

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Creamy sauce dresses up meat

This mouth-watering dish takes no time at all to prepare and the reward is delicious!

The pink peppercorn crust is complimented so well by the creamy, cheesy Canadian Cambozola sauce.

This one is sure to please your family, guests or even just yourself.

1. Bring steaks to room temperature, about 20 minutes. Pre-heat barbecue to medium-high heat.

2. In a small bowl whisk together garlic, olive oil, Worcestershire sauce and thyme. Brush steaks with marinade and firmly coat with the peppercorns reserving a 1/2 tsp (2 ml) to garnish sauce.

3. Place steaks on a greased grill in the centre (to allow even heat circulation). Grill covered, turning once, until steaks are medium-rare, about 8 minutes or until desired doneness. Transfer to a cutting board and let steaks stand 6 minutes before

Ingredients

- 2 strip loin steaks, each about 8 oz (250 g)
- 2 cloves garlic, grated
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) Worcestershire sauce
- 1 tsp (5 ml) dried thyme
- 1 1/2 tbsp (22 ml) pink peppercorns, crushed and divided

Creamy Cambozola Sauce

- 1 1/2 tbsp (22 ml) unsalted butter
- 1 clove garlic, minced
- 1/2 cup (125 ml) 35% whipping cream
- 1/4 lb (125 g) Canadian Cambozola, Gorgonzola or Blue cheese, crumbled
- 1 tsp (5 ml) grated lemon zest

slicing or plating.

4. Creamy Cambozola Sauce: Meanwhile, heat a small saucepan on medium heat; melt butter. Add garlic, cook for 1 minute or until fragrant. Add cream and reduce by half, about 4 to 5

Grilled Pink Peppercorn Steak with Creamy Cambozola Sauce



This recipe serves two to four people. DAIRY FARMERS OF CANADA

minutes. Slowly, whisk in cheese until pieces melt. Stir in lemon zest.

5. Serve sauce on the side or on top of a portion of the steak and garnish with re-

maining peppercorns. **CHEF DEVAN RAJKUMAR/ DAIRY FARMERS OF CANADA**

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MIND THE APP
Kris Abel
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DESIGN CENTRE
Karl Lohmes
home@metronews.ca

Walking Bear Side Table

Take a walk on the wide side with a piece that doubles as a sculpture and side table. \$3,430, Avenue-Road.com



Nolmyra chair by Jooyeon Lee

Incredibly light weight (just six pounds) and incorporating bentwood and mesh for a classic Scandinavia design. \$39, IKEA.com



Sloped and Slanted Bookcase

Precisely-slanted shelves display your possessions while you appreciate them at a new angle. \$1,500, Anthropologie.com



Stainless Steel Chiseled Tumbler

Insulated double-walled stainless cup keep drinks cold through the hot summer days. \$23, StarbucksStore.ca



Sculpt table lamp

Lightweight fabric wrapped over a frame to create a modern glow. \$75, EQ3.com



Warm Silver Leaf Quarry Accent Table

The perfect side table to help modernize a sitting area. \$1,935, Barbara Barry for Baker, studioBhome.com



Saba Vase

Jewel tones of blues and green peek through the faceted cutwork of glass. \$153, CrateAndBarrel.ca



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You're moving on up, but there's no reason you can't do it stress-free

Summer moving season. Two-thirds of moves occur between May 15 and Aug. 31

COURTNEY FOWLER
Metro World News in New York City

Whether you're a student headed back home for summer break or newlyweds signing a lease on your first place, you're going to go through the pains of packing.

Andrea Boccard, vice president of marketing at Fl-atRate Moving, offers some tips on how to make the process stress-free.

De-clutter

Before boxing things up, Boccard says it's really important to de-clutter. "Even in teeny apartments, we

tend to accumulate a lot of stuff," she says. "Spend a couple of days getting rid of the items that you don't need, like takeout menus from the old neighbourhood. Just clearing that space will give you a clear picture of what you're actually packing."

Create "a move book"

The key is to stay organized. Keep the important details of your move together in a book or folder on your computer.

"It should include everything from lists you make, to your insurance and building management information, to estimates you receive," says Boccard.

Know the rules

If moving into an apartment or condo "you should be in close contact with the management for both [your new

and old] buildings," says Boccard. She advises reserving freight elevators and making sure your movers have the proper insurance coverage your building may require. "Any hitch in the details can cause problems for the entire moving day."

Pack in advance

"Plan your move more than a month in advance if you can," says Boccard.

Start by packing the items you don't need such as books, CDs or DVDs and out of season clothes.

"We ask people, 'Do you want us to pack for you?' and they say 'No, no I'll pack myself,' but two weeks before [the move] they're nearly in tears because they're unable to do it," she says.

"So being realistic about time and what time you allocate to moving activities is the best advice I can give."

Stay organized

Maintaining organization while your whole life is packed up in boxes may seem nearly impossible, but Boccard says it's a crucial part of the moving process.

The company recommends creating an inventory of your belongings as you pack.

Keep important items by your side: Store key items such as your move book, prescriptions, jewelry, toiletries and chargers in a designated bag on move day.

Change of address notifications

The last thing you want is private and important documents going to an old address.

Canada Post advises you complete a change of address form online at canadapost.ca before moving to your new place.



Want to make moving day easier? Pack some things you don't use often in advance. HANDOUT

Housekeeping myth: Borax as a green product for your home

Is the use of Borax still considered to be an environmentally good product to use in our homes?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Sadly no. I, too, have thought for many years that Borax was a safe, good cleaning product to use in our homes.

However, I have recently learned the following from the David Suzuki Foundation web-site and I quote, "The Georgia Strait Alliance's Toxic Smart Solutions factsheet says 'while borax is also one of the least hazardous domestic cleaning products, it is not without an environmental impact. It contains a higher level of arsenic than most other products (30 parts per million), which is why it's also an effective ant killer.'"



Always read the label on cleaning products that use chemicals. ISTOCK IMAGES

So like anything, always be careful, read the label and do your research before using a chemical product.

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Davis crushes a pair as O's dispose of Tigers



The Orioles' Chris Davis watches his ninth-inning home run hit the seats at Comerica Park on Wednesday in Detroit. Davis leads the majors with 26 homers. PAUL SANCYA/THE ASSOCIATED PRESS

MLB. First baseman hits two more long balls as Baltimore continues to keep pace in AL East

Chris Davis sent a pitch to the opposite field over the left-field fence and pulled another one deep into the right-field seats.

His day gave him a major-league leading 26 homers and helped the Baltimore Orioles beat the Detroit Tigers 13-3 Wednesday.

Davis, who had a two-run homer in Baltimore's six-run fourth inning, hit his second two-run shot in the ninth off embattled reliever Jose Valverde.

"It split right into my barrel," Davis said.

Baltimore improved to a season-high 11 games over .500 to prevent Boston from building a bigger lead in the AL East.

"We're doing a lot of things right," Davis said.

Chris Tillman (8-2) gave up three runs and seven hits over five-plus innings. He became the third Orioles pitcher ever to win his first six road decisions.

Tillman gave up two singles and a walk in the first, but didn't give up a run because Austin Jackson was caught

On Wednesday

13

Orioles

3

Tigers

stealing second and Victor Martinez struck out to end the inning with Miguel Cabrera and Prince Fielder on base.

Rick Porcello (4-4) allowed six runs on nine hits, giving up a pair of homers for the third time this year.

Tigers manager Jim Leyland lamented that Porcello seemed to get rattled by Ryan Flaherty's infield hit, which could've been an inning-ending groundout in the fourth, that led to Taylor Teagarden's first homer of the season two pitches later.

"Rick lost his composure a little bit after Flaherty hit that little nubber to third," Leyland said. "Groundball pitchers are going to give up hits like that, and they have to bounce back from them. He should have been able to do that, especially against that part of the order. Giving up a two-run homer to that guy, you can understand, but you have to get out of that inning." **THE ASSOCIATED PRESS**

Believe it or not

Something's changing in Toronto



CATHAL KELLY
Special to Metro

Going into Wednesday night's game against the Rockies, the Jays had won seven straight, and 10 of 12. During that stretch, they'd chopped their wild-card deficit from nine games back to 4.5.

But is it time to "believe"? This time last year, the Jays were two games over .500 and 3.5 games out of the wild card. And only a guy who cuts his Tang with MDMA would have told you he believed then.

What's changed? The team, obviously. But I'd suggest we have as well.

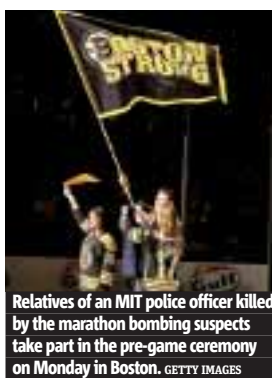
I doubt anyone would've told you a month ago the Jays had a chance at the playoffs, but we did all feel they wouldn't embarrass us.

We expected some sort of fight back. We're getting it.

So do we believe?

No, not yet. But having kept steady this long, we're willing to be convinced.

Go to metronews.ca for more of Cathal Kelly's take on the Jays and for results from Wednesday night's game vs. the Rockies.



Relatives of an MIT police officer killed by the marathon bombing suspects take part in the pre-game ceremony on Monday in Boston. GETTY IMAGES

B's helping a wounded city heal

They have come to wave flags or meet players or just appear on the video screen, invariably to standing ovations, during the Boston Bruins' run to the Stanley Cup final.

Many are in wheelchairs, some are in uniform, and others have been honoured on behalf of those who couldn't make it at all.

As the Bruins attempt to win

Hope in hockey

"With everything that's gone on in the city, there'd be nothing more they deserve than a big win by us."

Bruins forward Milan Lucic

the NHL championship, they have shared the spotlight with the victims and first responders from the Boston Marathon bombings, using them as "Fan

Banner Captains."

The Bruins are hoping a cup can contribute to the healing.

"I think we can help, in probably a large way," Bruins

coach Claude Julien said.

"I guess it doesn't fix the things or the people that have been lost. That will never be fixed. At the same time you have to try to heal."

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Wednesday night's Stanley Cup final Game 4.



NBA

New Raptors GM keeping Casey

Dwane Casey will remain the Toronto Raptors head coach, holding onto his job amid a major front-office overhaul.

There had been some question regarding Casey's future in Toronto following the hiring of new GM Masai Ujiri. But Ujiri said Wednes-



Dwane Casey GETTY IMAGES

day that Casey will be back with the Raptors for the upcoming season.

THE CANADIAN PRESS

NHL

Red Wings getting \$650M new rink

The Detroit Red Wings and city officials on Wednesday announced a \$650-million plan for a new arena development for the NHL team in Detroit's downtown entertainment and sports district.

Plans for the 18,000-seat arena were announced

Wednesday at a meeting of economic development officials to approve the deal. Red Wings owner Mike Ilitch has long said he wanted a replacement for the 32-year-old Joe Louis Arena.

The team said there will be \$367 million in private investment and \$283 million in public funds in the complex, which would also include residential, retail and office space. **THE ASSOCIATED PRESS**

Great payday

\$500K

Shawn Chaulk, a construction contractor from Fort McMurray, Alta., received more than \$500,000 for a collection of jerseys, skates, helmets, gloves and pucks used by Wayne Gretzky. About \$350,000 came from one item alone — the jersey Gretzky wore in the 1986-87 season when he scored his 500th NHL goal and won the Stanley Cup with the Edmonton Oilers.



LeBron James of the Heat dunks the ball during Game 6 of the NBA Finals on Tuesday in Miami. James led the Heat to a 103-100 win to force Game 7.
WILFREDO LEE/THE ASSOCIATED PRESS

'I want to go down as one of the greatest'

NBA Finals. LeBron welcomes Game 7 pressure in leading Heat to title repeat

LeBron James could not sleep after Game 6.

Imagine, then, how frayed his emotions will be going into Game 7.

So much is at stake. Legacies, for so many players, James included. The NBA championship. Whether the season was a success or a bust. How he will be portrayed over the next few months. How history will judge a Miami Heat team that won 27 straight games in one stretch, 66 games in the regular season and now 81 games overall.

Although the Heat will insist otherwise, the common belief is that it all hinges on James' shoulders. And the

Wade's knee will 'be fine' for Game 7

Dwyane Wade of the Miami Heat says he woke up with swelling and stiffness in his left knee on Wednesday, one day after getting hit in Game 6 of the NBA Finals against San Antonio.

- Wade missed the start of the second half of Game 6 while getting treatment,

then returned. He has no doubt that he will play in Game 7 on Thursday, when the Heat and Spurs will decide this season's NBA champion.

- Wade says that with just one game left, "you must enter it up, you give it. So I'll be fine."

four-time NBA MVP wouldn't have it any other way when his Heat take on the San Antonio Spurs in Game 7 of the NBA Finals on Thursday night.

"I want to go down as one of the greatest. I want our team to go down as one of the greatest teams. And we have an opportunity to do that," James said. "Hasn't been many teams to win back-to-back championships. It's so hard.

It's the hardest thing. I said last year it was the hardest thing I've ever done, winning my first. Last year don't even come close to what we've gone through in this post-season and in these finals."

James was so weary afterward that he had trouble pulling himself up from the chair where he conducted postgame interviews. But on Wednesday, even after a night of no sleep

— "everything goes through your mind after a game," he said — James said he was already feeling more spry than he was the night before. More rest, more treatment, some time at home with family and friends and a scheduled 9 p.m. date to watch SpongeBob with his kids — James figured that was the right formula to get ready for Game 7.

His second ring is 48 minutes away. If it comes, it will be earned.

"First of all, I'm blessed, man. I don't even know how I got here," James said. "I wasn't supposed to be in the NBA, if you go by statistics and things of me growing up where I grew up. Every time I go into my locker-room and see the 'James' on the back of an NBA jersey, I'm like, 'Wow.' No criticism can deter me from playing this game because of that. I'm not supposed to be here."

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Milos misfires on eve of Wimbledon

Eastbourne unease.

Top seed from Thornhill, Ont., falls to Croatia's Ivan Dodig in warm-up tournament

It wasn't quite the Wimbledon warm-up Canadian Milos Raonic was hoping for.

The top seed from Thornhill, Ont., dropped his second-round match Wednesday at the Eastbourne grass-court tournament, falling 6-2, 7-6 (7) decision to Croatian Ivan Dodig.

The Eastbourne event also wasn't kind to Toronto's Daniel Nestor, who earlier lost his first-round doubles event with Swedish partner Robert Lindstedt.

Raonic will open Wimbledon next week as the men's 17th seed but heads to the All England Club badly lacking in grass confidence.

"I couldn't have started in



Canada's Milos Raonic in action against Ivan Dodig in Eastbourne, England on Wednesday. GETTY IMAGES

a worse way, I think I missed four backhands to start off the match," said Raonic. "I had break chances and then lost my serve easily again."

"He was doing a lot of things well, but a lot of it comes down on me, things I didn't do. Even

in the second set I think it was pretty poor play."

Raonic lost his first-round match on grass last week at an event in Halle, Germany and immediately applied for a wildcard entry into Eastbourne. He was installed as the top seed based upon his No. 15 ATP world ranking.

"I can't play much worse, so it's only going to get better," Raonic said. "I think I should be positive in that sense."

Dodig registered more aces (12) than his hard-hitting 22-year-old Canadian opponent, who had nine in the match that lasted just under 90 minutes.

Raonic has an 8-8 career record on grass but is 0-2 against Dodig, who beat him on Barcelona clay in 2011.

In women's action, Marion Bartoli of France withdrew from the tournament with a viral infection, giving No. 2-seeded Li Na of China a walk-over into the quarter-finals.

THE CANADIAN PRESS



A friendly little challenge

Christine Sinclair of Burnaby, B.C., and Germany's Lena Goessling, right, challenge for the ball during Wednesday's international friendly soccer match in Paderborn, Germany. Germany defeated Canada 1-0 on a 53rd minute goal from Leonie Maier and outshot Canada 8-2. MARTIN MEISSNER/THE ASSOCIATED PRESS

PGA

Elbow injury puts Tiger out of action

Tiger Woods announced on Wednesday that soreness in his left elbow would keep him from defending his title next week in the AT&T National at Congressional, and that he would not compete again until the British Open next month at Muirfield.

This is the sixth straight year that an injury has kept him from either playing a tournament or finishing one.

The culprit this time is a strain in his left elbow. The problem first became apparent during the opening round of the U.S. Open last week at Merion, when he was flexing his left wrist or dangling his arm behind his back after shots out of the thick, punishing rough.

Woods won The Players Championship on May 12 for the first time in 12 years. It was his fourth PGA Tour win of the season.

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Horoscopes

Aries

March 21 - April 20

Your reaction when confronted by an obstacle is to kick it out of the way, but you must be more subtle today. You should also try to remember that other people's feelings are not always as robust as your own.

Taurus

April 21 - May 21

The best way to deal with a problem is pretend it doesn't exist. The more you focus on negative things, the more likely it is they will keep going wrong. "Positive thinking" is more than just a slogan.

Gemini

May 22 - June 21

There are far too many distractions in your life and if you want to move ahead in areas that are really important to you then you need to cut back quite ruthlessly on activities.

Cancer

June 22 - July 23

The Sun moves into your sign tomorrow and a new solar year begins, making this the ideal day to look back over the past 12 months. Whatever mistakes you made, forgive yourself and move on.

Leo

July 24 - Aug. 23

You may appear open and outgoing to the world at large but you have secrets like everyone else. One secret is likely to be revealed over the next few days. Pretend you don't care.

Virgo

Aug. 24 - Sept. 23

If you have not finished a project of some time by now, it might be best to forget about it. That is the message of the stars today and while it may sound a bit negative, it's not.

Libra

Sept. 24 - Oct. 23

When the Sun crosses the career angle of your chart tomorrow, you must turn your attention to your reputation. Could it be better? Yes, it could. You must identify how.

Scorpio

Oct. 24 - Nov. 22

In recent weeks it seems you have been cruising on autopilot but that will change with the Sun's change of signs tomorrow. Suddenly you will be more alive again. Suddenly you will be back in control.

Sagittarius

Nov. 23 - Dec. 21

Try to get your point of view across in a calm way. It will help if you are clear in what exactly it is you want to say. Make that your priority today then speak up tomorrow.

Capricorn

Dec. 22 - Jan. 20

Try to help others because the good deeds you do for them now will come back to you over the next few weeks. Above all, remember you can't always have things your own way. You have to give ground.

Aquarius

Jan. 21 - Feb. 19

There is no need to apologize for things that are not your responsibility. Someone you live or work with will try to shift the blame for a failure of some kind on to you today but you must have none of it.

Pisces

Feb. 20 - March 20

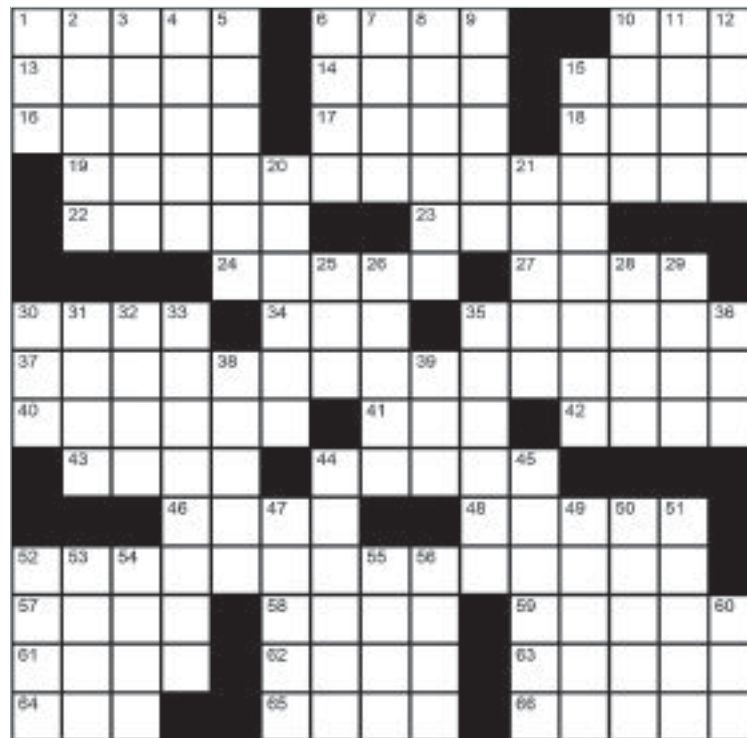
The worries of the past few weeks will begin to fade today and once the Sun moves into the most dynamic area of your chart tomorrow they should disappear altogether.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Group ruled by Odin
- Labyrinth
- Eye logo TV network
- Apt
- "Jeopardy!" host Mr. Trebek
- Aching
- Pub serving sizes
- Type of tide
- Applaud
- Jumbo, the world famous ____, died in 1885 when hit by a train in St. Thomas, Ontario. There is a life-size statue there in his honour.
- Thoroughly search or examine
- Assortment
- Ancient land
- Some soil
- Q-Tip, for one
- Shoe width size
- Rotten
- DND = Department of ____
- "Let's __ a day.": 2 wds.
- Unit of weight
- Film holder
- Ottawa's Parliament ____
- Tie type
- Genuine
- Dock
- It's the 'kind the drugstores sell' in Gordon Lightfoot's song: 2 wds.
- Alanis Morissette's



"____ Really Want"

- Drifting
- Become a green-to-yellow banana
- Earring kind
- Sketch, as in comedy
- Like hosiery or mascara, maybe: 2 wds.

64. Clothe

65. Healthy

66. Zzzzz ...loudly!

Down

- iPhone download
- Actor Mr. Bana's
- Kind of boom
- Brief beginning
- Save

6. Provides with staff

7. Sailor's sheltered side

8. Extremist

9. Officially kick out

10. Pop

11. Certain cereal

12. ____les, QC

15. Bluenose II, for one

20. "Hurry!" meaning

21. Rice dish

25. Thumbs-up vote

26. Pounds, as hail

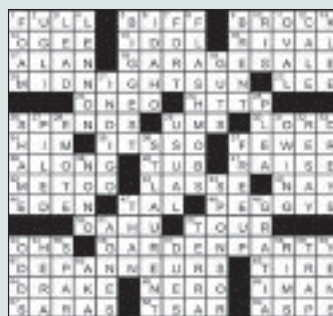
28. Dermatologist patient's concern

29. House critters

30. Canadian engineering group, ____

____Lavalin

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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